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The Consumer/Survivor Information Resource Centre

Distributed through generous support from CSRU Program (Community Support and Research Unit) of
CAMH (Centre for Addiction & Mental Health)

BULLETIN

*Information for consumer/survivors of the mental health system,
those who serve us, and those who care about us.*

April 15, 2007

Bulletin 345

C/S INFO CENTRE DROP-IN HOURS: 1-4 Monday-Friday. PHONE HOURS: 9-5 Monday-Friday

LOCATION: 252 College Street, 3rd Floor, Toronto, ON

MAILING ADDRESS: c/o CAMH, 250 College Street, Toronto, ON M5T 1R8

TEL: 416 595-2882 FAX: 416 595-0291 E-MAIL: csinfo@camh.net

Update on Crazy Cooks

There was no mercy at the Ministry and Crazy Cooks will indeed be divested to the Peterborough CMHA (Canadian Mental Health Association) after a two-month training and transition period that will end May 31st.

If you recall from the Bulletin of March 15th, # 343, the budget from the Ministry of Health and Long term Care that had been in the Consumer/Survivor, Peer Initiatives, Alternative Businesses pool was being threatened to be turned over to a mainstream agency – the CMHA of Peterborough.

Well, this will in fact happen, and for all of the talk of the recognition of the importance of peer support, consumer initiatives and survivor-led businesses being important for Recovery and health, the actual facts on the ground are proving those words to be hollow and false.

Here at the Info Centre, I've heard many voices of protest for what is happening and support for OCAB (Ontario Council of Alternative Businesses) and for Crazy Cooks, from individuals and from organizations. The Central East LHIN (Local Health Integration Network) supported our case, as did the Centre for Addiction and Mental Health (CAMH), the Federation of Community Mental Health and Addictions Programs (OFCMHAP). The flurry, nay, hailstorm, of calls, letters and emails was something to be really proud of and inspired by.

However, to no avail, and the staff have been told that instead of being a consumer-led initiative with the OCAB at the helm, the CMHA will be their new employer as of May 31st. Crazy Cooks will come under the operations of the Reach Centre, a Consumer/Survivor initiative of CMHA. While the Reach Centre may provide valuable resources to its members, it is not an autonomous body and there are no independent C/ S Initiatives remaining in Peterborough.

And speaking of new employers, Paul Secord, the Ministry of Health and Long Term Care employee who forced this divestment and this looting of \$137,000 from the Consumer/Survivor funding pool, has a new job, too.

He now works for the Canadian Mental Health Association, CMHA - Durham.

A handwritten signature in black ink, appearing to read 'Helen'.

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Wish List.

If you have something to put in our Wish List, or you would like to make a request for something, contact the centre at 416 595-2882 or email us at csinfo@camh.net.



Free & Low Cost Events

Sunday, April 15th

The Black Press in Canada West. An Exhibit. Black literature and journalism throughout the 19th century reflected the reality of the Black experience – the evils and cruelty of slavery, the inspiring flights for freedom, and the advancement of a free people. Note: Today is the final day of the exhibit. MacKenzie House, 82 Bond Street. Info: 416 392-6915. 12:00 noon – 5:00 pm.

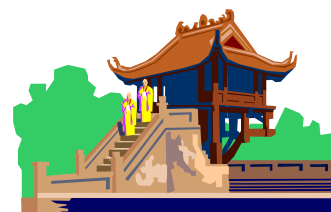
Sunday Serenade: Scarborough Concert Band. FREE. Scarborough Civic Centre, 150 Borough Drive [Ellesmere & McCowan] Info: 416 486-3011. 2:00 – 4:00 pm.



Canadian Idol Auditions. FREE. Think you've got what it takes to be the next Eva Avila or Kalan Porter? The order of auditions will be on a first come, first served basis. You must be between 16 and 28 (inclusive) as of February 1, 2007, and must be a Canadian citizen or permanent resident. There are no exceptions to these rules! Yonge/Dundas Square. Southeast corner of Yonge Street and Dundas Street. Info: www.ctv.ca. 8:00 am – 4:00 pm.

Harbourfront Centre/Jeunesses Musicales of Ontario. FREE.

Music with Bite: Khac Chi Ensemble presents Sounds of Vietnam. Vietnamese traditional and folk music, contemporary and world music. York Quay, Harbourfront Centre, 235 Queens Quay West. Info: 416 973-4000. 1:00 pm.



Monday, April 16th

I am having trouble finding events for Mondays. Can anyone help? Send in things that you find around town that are free or low cost and happening on Mondays. Call 416 595-2882 or email csinfo@camh.net. Thanks, Helen.



Tuesday, April 17th

Toronto Field Naturalists Walk: Rowntree Mills Park – Birds. FREE. Leader Carol Mills. Meet at the northwest corner of Finch Ave. West and Islington Ave. Bring lunch and binoculars. 10:30 am

Canadian Opera Company/RCM Community School. World Music Series: Farrukabad Tabla. FREE. Four Seasons Centre for the Performing Arts, Richard Bradshaw Amphitheatre, 145 Queen St. West. Info: 416 363-8231. 12:00 noon.

Wednesday, April 18th

Reiki Therapy. FREE. Hard day? Living with stress tension, headaches, and muscle stress? Try Reiki, a gentle non-invasive healing that is flexible and adapts to both the needs of the patient and the medical circumstances. Eatonville Library, 430 Burnhamthorpe Rd. Info: 416 394-5270. 6:30 – 8:00 pm.

Thursday, April 19th

Canadian Opera Company Chamber Music Series: Music of the Second Viennese School. FREE. Music by Varese, Machover and Omar Daniel. Glen Gould School New Music. Four Seasons Centre for the Performing Arts, Richard Bradshaw Amphitheatre, 145 Queen St. West. Info: 416 363-8231. 12:00 noon.



Preparing and Mastering the Interview. FREE. Resource Specialist from the Don Mills Employment Resource Centre gives professional advice on preparing and mastering your interview Register in person or call 416 395-5710. Don Mills Library, 888 Lawrence Ave. East. 6:30 pm.

Legal Aid Clinic. FREE. Legal advice and an application filed for assistance. Call 416 396-8850 in advance for a 15 minute appointment. Cedarbrae Library, 545 Markham Rd. 6:30 – 8:15 pm.

Bata Shoe Museum. Two-Tone Thursdays. PWYC [\$5.00 suggested] Jazz with Lina Allemano & Band. 327 Bloor Street West. Info: 416 979-7799 X 242. 6:30 pm.



Friday, April 20th

Armchair Travel. FREE. Slide presentation with raconteur Irwin Patterson. Topic: A cruise to Bermuda. Free refreshments served during intermission. Hillcrest Library Auditorium, 5801 Leslie Street. Info: 416 395-5830. 1:30 – 3:30 pm.

Saturday, April 21st

Toronto Field Naturalists: German Mills Creek – Nature Walk. FREE. Leader Theresa Moore. Meet at the northeast corner of Steeles Ave East and Leslie Street. 2:00 pm.

St Lawrence Market Kitchen. FREE. Every Saturday The Kitchen hosts a free Food and History Show. Each show features a 15-20 minute talk by Bruce Bell, the Market Historian, or Bill Genova, tour guide, on the history of the Market buildings and Old Town Toronto. Following that, Market vendors or notable food experts present demonstrations, samplings and/or discussions on food. The food portion of the show lasts 20-30 minutes and changes each week. 95 Front Street East. Info: www.stlawrencemarket.com. 10:00 am & 2:00 pm.

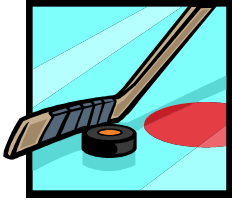


Sunday, April 22nd

Sunday Serenade: Northdale Concert Band. FREE. Scarborough Civic Centre, 150 Borough Drive [Ellesmere & McCowan] Info: 416 486-3011. 2:00 – 4:00 pm.



Toronto Field Naturalists: Earth Day Walk – Lost Rivers Walk. FREE. Leader Ed Freeman. Meet at the Summerhill subway station. Walk will end at Summerhill Ave. in north Rosedale. A chance to observe some earth features with a stress on fossils, earth material and landforms. Moderate difficulty: uphill from Summerhill to St. Clair Ave. This is a joint outing with Toronto Green Community. Duration: roughly 2 hours. Starts at 2:00 pm.



Toronto Maple Leaf/Esso Street Hockey Jamboree. FREE. The Toronto Maple Leafs are closing down Yonge Street from Dundas to Queen for their 6th Annual Esso Street Hockey Jamboree. Leaf Alumni will be there. Wendell will be there.
Info: 416 815-5700 X 2850. 10:00 am – 4:00 pm.

Tuesday, April 24th

Digital Design Studio Basics. FREE. Learn to scan documents and photos and how to email them as attachments. Design business cards and letterheads with hands on instruction on the effective use of equipment in the studio. Registration is required: 416 393-7209. Toronto Reference Library, 789 Yonge Street. 10:00 – 12:00 noon.

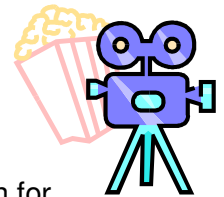
Diverse Ability Fair. FREE. Drop by and get resources on wellness and disabilities from 30 exhibitors. Free admission and give-aways. Birchmount Bluffs Neighbourhood Centre, 93 Birchmount Road.
Info: 416 396-7606. 11:15 – 3:00 pm.

Wednesday, April 25th

Healing Allergies the Natural Way. FREE. Facilitators: Caroline Meyer, ND; Leigh Moffatt, RMT, TCM Herbalist; Gosia Pacyna, DAc. Are you a spring allergy sufferer? Learn how Chinese medicine and naturopathy can help to reduce and even eliminate allergies. High Park Library, 228 Roncesvalles Ave.
Info: 416 393-7671. 7:00 – 8:00 pm.

Thursday, April 26th

Afternoon at the Movies. FREE. Watch a great film. This week it is “Dead Poet’s Society”. Barbara Frum Library, 20 Covington Rd. Auditorium B. Info: 416 395-5440. 2:00 – 4:00 pm.



Yoga and Meditation. FREE. Gentle physical exercises, breathing techniques and meditation for adults and teens. Please bring a mat. College/Shaw Library, 766 College Street. Info: 416 393-7668.
6:00 – 7:30 pm.

Friday, April 27th

Mental Health Legal Committee 10th Anniversary Celebration. FREE. See the complete details on page 6 of the Announcements section. All welcome, refreshments. Centre for Addiction and Mental Health, Cafeteria, 1001 Queen Street West. 5:30 – 7:30 pm.

Family Movie Night. FREE. Sit back, relax and enjoy a movie with us. Parkdale Library, 1303 Queen Street West. Info: 416 393-7686. 6:00 pm.



Saturday, April 28th

Knitting for Beginners. FREE. Registration required Pre-register by calling 416 393-7692. Annette Street Library, 145 Annette Street. 2:00 – 3:30 pm.

Annual Fort York Battle School for Re-enactors. FREE. Fort York will play host to a number of re-enactors who will be honing their weapons skills in preparation for the summer military re-enactment season. The public is invited to watch as the re-enactors practice on the grounds of the fort. These weekend warriors entertain and edify crowds all over Canada and the U.S. by voluntarily participating in historically

significant events that recall Canada 's exciting history. 100 Garrison Road (off Fleet Street, east of Strachan, west of Bathurst). Info: 416 392-6907. 10:00 am to 3:00 pm.

Scrabble Club. FREE. Bring your Scrabble board and tiles. The library is testing to see if there is interest in playing Scrabble Saturday mornings. All skill levels are welcome. Register in person or call 416 396-8969. Malvern Library, 30 Sewells Road. 9:30 – 11:30 am.

Sunday, April 29th

Dancing in Dundas Square. FREE. Celebrate International Dance Day and enjoy free dance performances, live music and learn some moves. Collective of Black Artists will bring their Dance & Drum-a-thon in a parade style performance from Bathurst and Queen to Dundas Square. Spectators will have a chance to learn the Michael Jackson Thriller dance. Info: 416 504-6429 X 23. 1:00 – 5:00 pm.

Toronto Field Naturalists: Wilket Creek – Lost Rivers Walk. FREE. Leader Peter Heinz. Starts and ends at the south west corner of Lawrence Ave. East and Leslie Street. A chance to see spring in and above the valley. Moderate difficulty. This is a joint outing with Toronto Green Community. 2:00 pm.

Sunday Serenade: Highland Creek Pipes and Drums. FREE. Scarborough Civic Centre, 150 Borough Drive [Ellesmere & McCowan] Info: 416 486-3011. 2:00 – 4:00 pm.



Monday, April 30th

Baby Boomer Special Program. FREE. Come to a lecture & workshop on baby boomer concerns. Wychwood Library, 1431 Bathurst Street. Info: 416 393-7683. 7:00 pm.

Announcements

Tax Clinic

The C/S Info Centre's Annual Tax Clinic is in high gear !!

You are probably aware that we do income tax returns for low income people who need help preparing their returns all through the year. This time of the year, we get really busy again doing the current year's taxes for people. So call for an appointment if you meet the following guidelines set by Canada Revenue Agency:

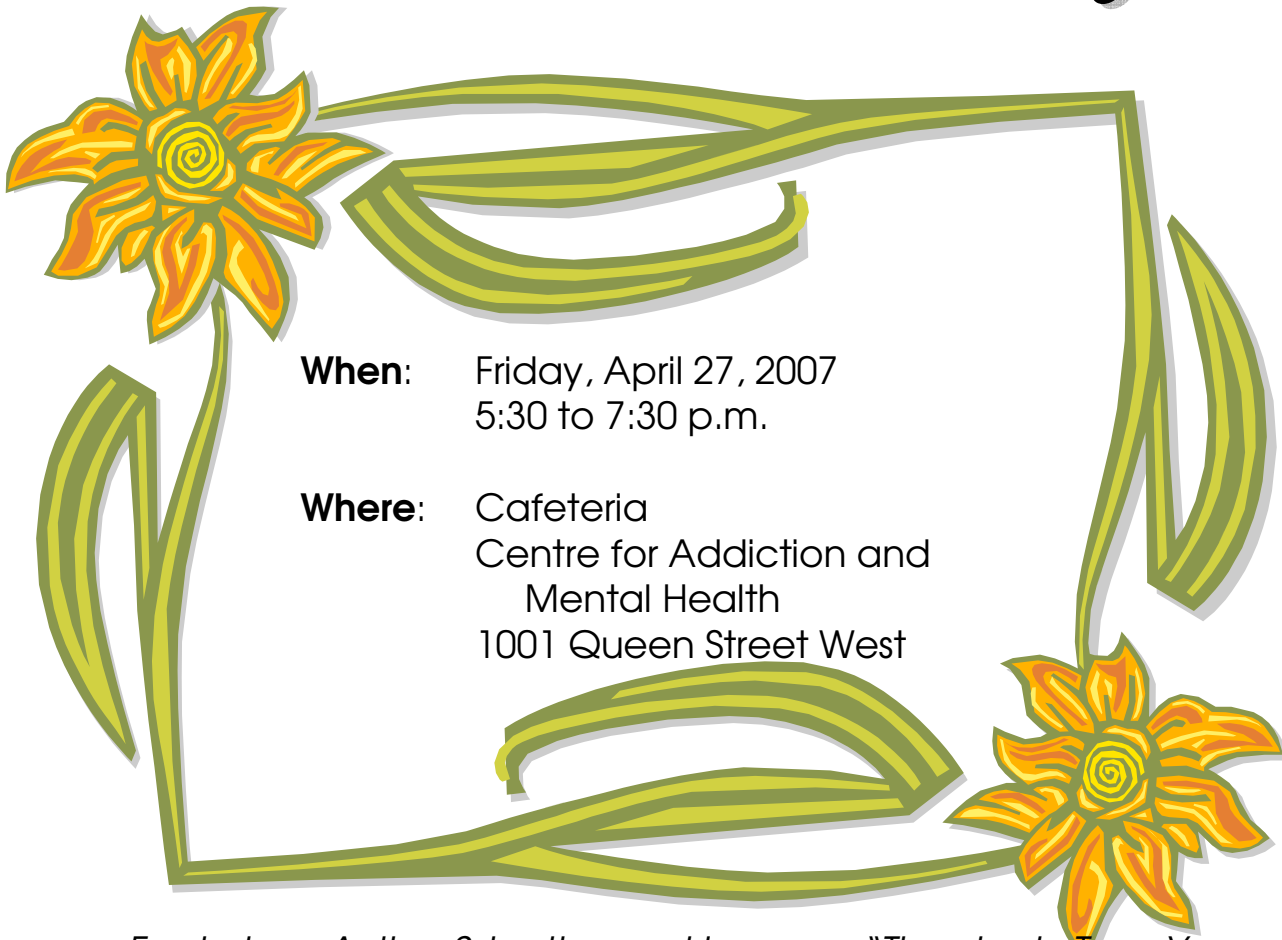
- Low income is defined as \$15 – \$20,000 for people with no dependants, \$20 – \$26,000 with dependants,
- No complicated returns, which means: no self employment income, no rental income, i.e. no one pays rent to you, no widowed people with the tax returns of a deceased spouse, no bankruptcies, and no capital gains.

Collect all your paperwork, T4's, T5007's and other income slips, rent receipts or a letter from your landlord saying how much rent you paid in 2006, and give us a call to set up your appointment.

Please don't call until you have everything in hand.
416 595-2882

If you have the access code from your address label from Canada Revenue Agency, we can telefile for you, which means you'll get your refund in about 2 weeks. In most cases, we can help you get an access code if you don't have one.

Please join in celebrating the
Mental Health Legal Committee's
10th Anniversary



When: Friday, April 27, 2007
5:30 to 7:30 p.m.

Where: Cafeteria
Centre for Addiction and
Mental Health
1001 Queen Street West

Featuring Anita Szigeti speaking on "The Last Ten Years of Advocacy and the Next Ten" and the presentation of awards in recognition of the advocacy of Carla McCague, Randy Pritchard, Anita Szigeti and Don Weitz

Dress is casual

All are welcome

Refreshments will be served

OPEN HOUSE

Interested in finding out how to pursue
An Electrical Trades Career ?

Toronto Hydro offers Electrical Trades Apprenticeships to work on the city's electrical distribution system.

You're invited to attend an Open House at Toronto Hydro's Trade School on :

Date: Wednesday, April 18, 2007

Time : 9:00 am – 1:00 pm

Location : 500 Commissioners Street, Toronto

Come see our classrooms, technology, speak to the instructors and take a tour of our facilities.

For more information, please contact Cori Mayers at 416 542-2591

The Mood Disorders Distinguished Speakers Series Presents...

Brainwave Speakers Showcase

- Hear 3 unique prepared speeches related to Mood Disorders
- Participate in Impromptu Speaking
- Listen to Feedback on the speeches
- Find out how Brainwave Speakers self-paced educational program works

Date: Wednesday May 2nd, 2007 at 7:00 to 9:00 pm

Where: Room 224 B & C, 40 Orchard View Blvd., above the Northern District Library

Visiting With Elders:

Strategies to help you have a meaningful and rich visit with an elderly loved one.

Speaker – Ruth Goodman, Senior Social Worker, Baycrest

Tuesday April 24th 2:00 – 3:30

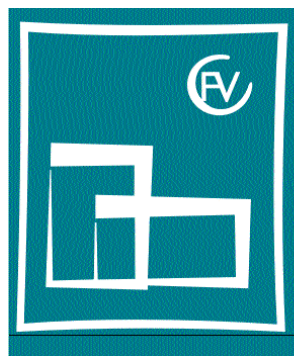
Wortsman Hall, 1st Floor Baycrest Hospital

3560 Bathurst Street

Did You know ?????

Staying Warm

Your dwelling should be a minimum temperature of 21C (70 Fahrenheit) in all parts of the unit from September 15th to June 1st. If your unit is not warm enough and your landlord is not cooperating, you can get help by calling Access Toronto at 416 338-0338 to find out your ward number by address and Municipal Standards can help.



Fred Victor Centre

Fred Victor Centre is a Trans-Friendly Space

T-Girls (currently running)

T-Girls is a social, recreational and health group for trans-women.
Tuesday & Thursday 10:30 am – 12 pm at 67 Adelaide Street

Trans-Only Time @ ERC (coming soon)

Trans only time at the Employment Centre. Time to use computers, internet, printing, (limited), fax, make local phone calls, resources books & videos and job search help.

Monday 1:30 – 4:30 at 100 Lombard Street # 102

Free

416 364-8986

Fred Victor Centre's ERC (Employment Resource Centre) also offers a Career Exploration Program

10 weeks long pre-employment development program,
3 days a week, 4 hours a day

Eligibility: Ontario Works
Course starts April 23

If you want to:

- Explore career options that match your skills and interests.
- Identify and overcome employment barriers.

- Gain new Employability and Life Skills that employers are looking for.
- Receive one-to-one support as needed.
- Learn basic computer skills in Windows XP: MS-Word, MS-Excel, MS-PowerPoint, Internet and E-Mail.

416 364-9172

St. Christopher House

Employment Preparation Program with
Humber College School of Hospitality Present

Smart Serve Certification

Thursday April 19 from 9:45 am to 1:00 pm

Call Gladys Klestorny for location and to register 416 848-7980 x 222

\$20 Fee but some subsidies available

Tokens and refreshments.

Certificates of Participation Presented.

Job Postings

PARKDALE GREEN THUMB ENTERPRISES

The Psychiatric Survivor-Run Business That Grows

ARE YOU A CONSUMER/SURVIVOR INTERESTED IN A PART-TIME JOB?

We are a unique social purpose enterprise working with outdoor plants, and we need dedicated staff.

If you are interested in working with us, please:

Come by and fill out an application

Parkdale Green Thumb Enterprises

Ontario Council of Alternative Businesses

1499 Queen Street West Suite 203

Or email us - greenthumb@on.aibn.com

No phone calls please

To **subscribe** to The Bulletin or The Wellness and Recovery Newsletter, call the Consumer/Survivor Information Resource Centre of Toronto at 416 595-2882 or email us at csinfo@camh.net. The Bulletin is published twice a month on the 1st and 15th. The Wellness and Recovery Newsletter is a joint production of Community Resource Connections of Toronto (CRCT) and the C/S Info Centre. It is published 4 times a year. Both are posted on the CRCT website at www.crct.org.

Both publications are free to receive. We encourage people to subscribe by email if they can so we have the resources available to mail to those who do not have access to a computer or the internet. Helen Hook, C/S Info



Consumer/Survivor Information Resource Centre Assistant Coordinator 0.8 FTE (28 hours a week)

The Consumer/Survivor Information Resource Centre provides information and assistance to consumer/survivors of the mental health and addictions system, people who serve us, and those who care about us.

Responsibilities:

- Provide information and assistance in finding resources to consumer/survivors, their families, mental health professionals and the general public, both on the phone and in person,
- Assist the Coordinator in the further development of the drop-in centre,
- Collect information relevant to the readers of the Bulletin,
- Publish and distribute the semi-monthly newsletter, The Bulletin, by mail and email, including photocopying, envelope stuffing, etc.
- Distribute the quarterly Wellness and Recovery Newsletter,
- Make additions, changes and deletions to our mailing lists,
- Develop proposals to enhance the services of the organization,
- Investigate and develop alternative sources of funding and resources,
- Complete a workload measurement tool and a client contact log for statistical and funding purposes,
- Network with funders, general members and community partners in a professional manner in accordance with our mission and goals,
- Plan and/or participate with consumer/survivor stakeholders in community events,
- Expand and diversify the organizations' resource material,
- Maintain confidentiality of C/S Info clients to outside parties,
- Other duties as required.
- Hours are flexible but are generally until 5 pm or later and between Monday and Friday.

Qualifications:

- **Must be a psychiatric Consumer/Survivor.**
- Strong attention to detail for proof reading and editing The Bulletin,
- Cooperative spirit, self motivated, able to assess priorities and move to the next task with minimal supervision,
- Thorough knowledge of the services and resources available to consumer/survivors,
- Excellent oral and written communication skills,
- Ability to work with consumer/survivors and mental health professionals,
- Familiar with internet research, office equipment and WORD.
- Website knowledge would be an asset.

\$18 - 20/hour commensurate with experience.

**Apply in writing by Monday April 30, 2007 to:
Consumer/Survivor Information Resource Centre
c/o CAMH
250 College Street G-22
Toronto ON M5T 1R8**

We thank all applicants, however, only those under consideration will be contacted.